

YOU ARE A CLOSE CONTACT TO A COVID-19 CASE, NOW WHAT?

This guidance is for people who were identified by the ND Department of Health (NDDoH) as a **Close Contact** to COVID-19.

Signs and symptoms of COVID-19

The most common symptoms of novel coronavirus are **fever and cough, sometimes difficulty breathing**, more rarely sore throat, body aches, headache, chills, diarrhea, and nausea/vomiting. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19, but you should immediately contact the North Dakota Department of Health (NDDoH) at 701-328-2378 or 800-472-2180.

Monitoring Period

You are recommended to monitor yourself for symptoms for **14 days** following your last potential exposure to a person with COVID-19. Household contacts to a confirmed COVID-19 case will need to monitor themselves while they remain in the household and for a period of time following the COVID-19 case's recovery. This will be determined on a case-by-case basis with public health.

Close contacts will **self-monitor** your health daily for up to 14 days because you were determined by the NDDoH to have been exposed to COVID-19. This does **NOT** mean that you will get sick with COVID-19. Household contacts to a confirmed COVID-19 case will be **actively-monitored** by the NDDoH (the NDDoH will contact you daily).

If you become sick and are tested for COVID-19 during this period and are found to be **Positive**. The NDDoH will work with you on continuing your monitoring as a confirmed case of COVID-19. If you are found to be **Negative**, you will still need to fulfill your recommended quarantine period.

Check your temperature and symptoms

It is very important for you to monitor your health daily so that you can be taken care of and treated quickly if you get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to COVID-19 and when symptoms begin.

- Take your temperature (use as directed in the thermometer instructions) **2 times a day**:
 - **once in the morning and again in the evening** (if you forget, take your temperature as soon as you remember)
- You should also check your temperature anytime you feel like you have a fever or feel feverish.
- Write down your temperature twice a day, every day along with any of the symptoms listed below.

If you have fever (100.4°F or higher), cough, shortness of breath, or other symptoms such as chills, sore throat, body aches, headache, diarrhea, or nausea/vomiting, call the NDDoH at 701-328-2378 or 800-472-2180.

What should I do if I become ill during this monitoring period?

Unless it is an emergency, DO NOT GO to a clinic or hospital without first calling the NDDoH. Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way. If you must go to the hospital before calling the NDDoH, notify staff immediately that you are being monitored for COVID-19. If you become ill and test negative at any time during your monitoring period, you still need to remain under self-quarantine for the remainder of the 14 days. Movement Restrictions

Remain at home or in a comparable setting. Avoid congregate settings, avoid public activities, and practice social distancing. This means you should remain out of public places where close contact with others may occur (e.g., shopping centers, movie theaters, stadiums), workplaces, schools and other classroom settings, and public conveyances (e.g., bus, subway, taxi, side share) for the duration of your monitoring period unless approved by the state or local health department.

Household Contacts to a Confirmed COVID-19 Case

You may remain in your usual home setting while monitoring yourself for COVID-19. If possible, avoid sharing a bathroom with other members of the household. Also be sure not to share drinks or utensils. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.